



**DEPARTMENT OF THE ARMY  
REGIMENTAL NONCOMMISSIONED OFFICER ACADEMY  
FORT GORDON, GEORGIA 30905-5491**



REPLY TO  
ATTENTION OF:

ATZH-LCA

*26 April 2007*

**MEMORANDUM FOR Regimental Noncommissioned Officer Academy (RNCOA)**

**SUBJECT: Commandant's Policy Letter #28 – Physical Fitness and Weight Requirements for Students**

**1. References:**

- a. Memorandum, dated 10 AUG 2006, Department of the Army, Office of the Deputy Chief of Staff, G3/5/7, Subject: Physical Fitness and Weight Requirements for Military Institutional Training.
- b. ALARACT 211/2006 301407Z OCT 06, Message Subject: Army Regulation (AR) 600-9, The Army Weight Control Program (AWCP).
- c. ALARACT 075/2007 171414Z APR 07, Message subject: Physical Fitness and Height and Weight Requirements for Institutional Training

2. This policy letter applies to all students in either a PCS or TDY status at the RNCOA. This policy outlines the guidance for the initial assessment and end of course requirement for the Army Physical Fitness Test (APFT) and screening for compliance of body fat standards in accordance with AR 600-9.

3. Students that are flagged for weight control and/or APFT by their unit will remain blocked from scheduling, selection, or attendance to the RNCOA.

4. Students will be required to take an assessment APFT and weigh-in within 72 hours of the course start date. The purpose of the assessment APFT is to identify the physical fitness strengths and weaknesses of the class so the Small Group leader (SGL) can establish a PT program to fit the needs of the class. If a student fails the assessment APFT and/or fail to meet body fat composition standards IAW AR 600-9 they will be placed in a special fitness program. They will receive a written counseling advising them that they will be placed in a special fitness program to improve on their weakness and the consequences if they fail the end of course APFT and/or fail to meet body fat composition standards. The counseling will contain the following statement at a minimum:

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If you fail the end of course APFT you will be considered an academic course graduate, but item 11 c of your DA 1059 will be marked, "Marginally achieved course standards", and item 14 will contain the statement, "11 c: Failed to meet APFT standards

If you fail to meet body fat composition standards of AR 600-9 you will be considered an academic course graduate, but item 11 c of your DA 1059 will be marked, "Marginally achieved course standards", and item 14 will contain the statement, "11 c: Failed to meet body fat composition standards.

If you fail the end of course APFT and body fat composition you will be considered an academic course graduate, but item 11 c of your DA 1059 will be marked, "Marginally achieved course standards", and item 14 will contain the statement, "11 c: Failed to meet APFT standards and failed to meet body fat composition.

5. Students who fail the assessment APFT and/or failed to meet the body fat composition standards IAW AR 600-9 will be placed in a special fitness program. The program will be separate from the normal PT program and will be conducted during the duty/training day. The program will be tailored to the weakness of the individual with the purpose of ensuring the Student passes the end of course APFT/Weigh-In. In addition to the special fitness program, each individual Student should conduct PT on their own to ensure they are physically fit. Once a Student meets all standards they can be removed from the special fitness program; this will be no earlier than 10 working days from the initial assessment APFT/Weigh-In date.

6. Students that fail the initial assessment APFT and/or fail to meet body fat composition standards IAW AR 600-9 will not be eligible to compete in any honors program. Students should report to the academy able to pass the APFT and/or meet body composition standards. This action is taking into account the Total Soldier Concept for the honors program.

7. The end of course APFT will be conducted no later than 14 calendar days prior to graduation. Students that fail the end of course APFT and/or does not meet body fat standards will receive a written counseling stating that they will receive a re-test and/or screening no earlier than seven days after the APFT failure and/or failing to meet height and weight standards and the consequences if they fail the end of course APFT/Weigh-In Re-test.

8. If a student fails the end of course APFT re-test or does not meet body fat standards the academy will ensure:

a. The Student receives a written counseling that indicates their failure to meet the standards.

b. The Students DA Form 1059 will reflect:

(1) Item 11c will be marked: Marginally achieved course standards.

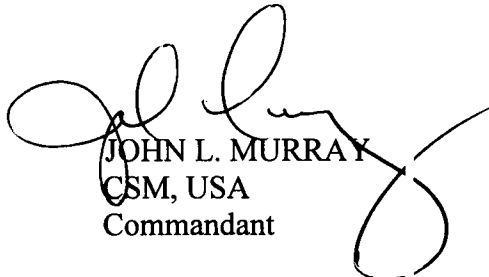
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- (2) Item 14 will contain the statement: 11 c: Failed to meet APFT standards and/or failed to meet the body fat composition standards.
9. If a Student obtains a temporary profile that prohibits them from taking the end-of-course APFT the Student will receive a written counseling that indicates their failure to meet end of course requirements. The Students DA Form 1059 will reflect:
- a. Item 11c will be marked: Marginally achieved course standards.
  - b. Item 14 will contain the statement: 11 c: Failed to meet APFT standards and/or failed to meet the body fat composition standards due to profile.
10. If a Student fails to meet the end of course APFT standards and/or fails to meet the body fat composition standards a memorandum outlining their deficiencies signed by the RNCOA Commandant will be sent to the Student's unit Commander/Command Sergeant's Major.

  
JOHN L. MURRAY  
CSM, USA  
Commandant

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